

What if You Are  
**NOT  
DEPRESSED**  
In the First Place?

The 6 key questions  
you need to ask yourself  
when dealing with negative thoughts

SUZANA MARIA PANASIAN

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## DISCLAIMER

While anybody may find the information presented here useful, the ideas, understandings and practices expressed in this book are not intended as a substitute for consultation from your professional health care provider. Each person suffering from depression or any other psychological or medical problem should engage with a licensed, qualified physician, doctor, therapist or any other competent professional.

The information contained in this book is of a general nature and does not aim to diagnose, treat or cure any particular health problem. Reading this book does not constitute a professional relationship or professional advice or service.

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I express my Gratitude to all my teachers and all the wonderful beings who have been on my path and guided me towards the Self.

Special thanks to Amr Shehata, the main editor of this material, to Ali Said and Stella Cuptor the graphic artists and to my family for their unconditional love.



*I dedicate these lines to all those suffering from depression today.*

*May the light of the Truth bring to your heart the Joy that you are looking for!*

.



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# INTRODUCTION

*“Peace comes from within. Do not seek it without.”* Buddha

First of all, let me thank you for purchasing this material and for choosing to spend some time in the company of my words. As I write these very lines, I feel grateful to share my insights, points of view and experiences with you wherever you may be. Thank you for joining me in this short adventure in deciphering the mystery of the mind, which will hopefully shed some more light to your present questioning.

The illuminated minds on this planet have taught us that *the mind is the source of all suffering*. Through this material, I will help you see your own mind and your own reality with different eyes and from a wider perspective.

If you are reading this material, it is (probably) because you are dealing with some form of negativity or a sort of depressive thought, perhaps even for a long time. It also means that you are looking for some answers (aren't we all?), and a part of you wants to find the way towards that natural state of joy when you feel energised and motivated to be an active part in this giant rollercoaster everyone calls life. The concepts and ideas presented here could be your first step towards that which you are looking for, deep within.

There is one central understanding about depression that I would like to share with you through this material:

Somehow, when depressed, we believe that there is *nothing we can do about it*; depression feels like the place from where we have *no more control in our life*. We feel powerless and without solution. We feel stuck. Feelings, thinking patterns and moods feel so powerful, that we cannot see beyond them.

If you look carefully you will notice that depression is the manifestation of one central idea, attitude and feeling that you CAN'T (be, exist, find solution, move on, etc.). And even though it is said that this thinking is the *consequence* of the depression, it is in fact the *root* of it. And how can you start to believe that you can, when you believe that you can't? It seems impossible, but the truth is that:

*Everything that happens in your mental field can be changed.*

This book will bring you exactly this: the knowledge and the tools that will help you move across this root idea that keeps depression real. It will clarify for you which aspect of your mind creates these depressive states and which function of your mind you can activate to transform them.

Have you ever considered that the way you were taught to think and function in this world may just not be the right way? Else, you would probably be feeling differently and may not even be reading this material. The moment we realize that we need to look within – and not without for our answers – many things become possible. Asking questions and challenging our traditional points of view simply opens our minds towards more options and possibilities.

You see, the way we were brought up was the foundation of why most of us have become sceptical, fearful, and doubtful, always looking for tangible, solid solutions. We tend to ignore, and even fear, everything that goes beyond our physical body and reality.

There is a limit up to where we give ourselves permission to exist and express in this world.

However, even if we are to look at matters only from this very rational, logical, and down-to-earth level of our being, we can still recognise that our life is not only that. You can see that far beyond everything – all life experiences you have lived so far – there is something extremely subtle: *your perception of things*.

At the physical level, matter follows rigid laws that are harder to influence as long as we observe them from this level only. Behind the dense level of our material reality, there is a subtler, more flexible space. And my aim is to guide your steps to the realm beyond your physical layer: there, where everything is possible. And that place is in your mind. You can alter your reality, change it and shape it from that space and that space only.

As you read those very lines know that this book may not be for everybody. You don't have to buy into the points of view expressed here nor to agree with everything I will share with you. If you are looking for material talking about how serious depression is, sorry to ruin your fun but read no further. Certain things I will say might create some reactions and even upset some parts of you, and that is okay too.

I am no medical doctor and I do not claim whatsoever to have discovered the philosopher's stone or the key to the mystery of the ages. Moreover, I do not claim to have found the cure for what we call today

*Depression.* But what I want to share with you is that, while there are ways out there that could help make you feel better on the short run, the root causes are still to be found in the very layers of our mind.

I will not give you hints of how to *fight* depression, for when we want to fix something, or struggle against something, we basically create a split in the very same Consciousness that is already expressing through us. Once we let go of the need to fight the object of our distress, we can then move onto a state of Being which allows natural answers, insights and solutions.

Through this book I will be guiding your steps into the invisible and yet so present realm of your mind by sharing with you how the mind works and the tricks it plays on us. You will learn some staggering and crucial facts about it, as has been described by the most ancient knowledge existing in the world today: the Vedas. You will be able to get a grip of the real sources behind the depressive thoughts.

According to the Vedic science, our mind functions on three levels: the subconscious, the emotional and the conscious mind. While the subconscious hides our deepest beliefs about life and the impressions of past events, the emotional mind is giving us a very subjective and doubtful perception on life. It is only by learning how to access and use properly our conscious mind that we can really transform and transcend the negative thinking patterns.

There are only a few root causes of depression and this book will ask you the key questions which will reveal to you the concepts beyond the negative tendencies of your mind. Dealing with our own thinking patterns could be a challenging thing. The mind needs to be known, observed and

trained so that it can fully play its essential role which is to experience, know, observe and integrate this human experience.

Science is based on experiments and observation. Veda, in Sanskrit also means knowledge, or science: the science of the eternal laws of the Universe. Hence, I do not mean to diminish in any way the importance of scientific work dealing with depression. Actually, science is a powerful tool we have, and it is incredible how far we have gotten today with the technology and with understanding the secrets of every corner of the Universe.

But if the idea of going into a totally unknown place, i.e. by exploring the subtle fields of your mind, is new to you, simply start the process of observation and experience what I am about to share with you. You don't have to believe any of it. But before saying it is nonsense ... try it. Do it. Experiment it. And see how it works. After years of studying myself and working with others, I have come to the conclusion that

*Nobody can have a better understanding of one's own mind than oneself and that the only one who could really make transformation possible is you.*

The reason for that is because everything that you consider now as true, whatever that is, it is YOU who gives the power to that knowledge. If you believe in Jesus or in Buddha, you allow the power of these superior beings to work through you. When you believe in the results that can only be proven through scientific measurements and studies, you give the power to science. Belief is a personal choice. What you believe in, is a choice

you're making. Believing in Depression is a choice you are making. You make it real.

You might notice that the tone of this material is somewhat humorous. I have learnt that less seriously we take our minds, our thoughts, and ourselves, the lighter the whole life experience becomes.

After all, there is no point to be depressed for having depressing thoughts, right? Right. A touch of humour is always good; however, it is important to know that I take none of this *lightly*. On the contrary, I put a lot of heart into this book, a lot of love, and a lot of personal effort along many years. I can, however, only express this knowledge through the light of who I am today.

~

While preparing the material for this book I have studied for quite some time various facts about negative thinking which I will share some of with you shortly. While it is important that you inform yourself about depression, please keep in mind that the statistics and the medical studies that have been done so far about it cannot really decide how your life should be run for you. I believe in the unique identity of each person, and I believe in the destiny that one creates for oneself and, ultimately, chooses to live.

I went through an amazing personal discovery (one of those 'aha' moments) when I realized that crucial central idea holding us back, leading to depression. I will share this with you once we have established the mind concepts included in this material. Believe me when I tell you that I'm pretty sure this will be of huge impact to you as well.

I am so excited to share this with you!

What you will learn might not have the same impact on you, and it might not work for you, as it did for me or for others whom I have guided along the years; however, it can give a starting point. Read each of these ideas carefully and let them simmer. Let them grow and sprout into your mind. Your mind, no matter how depressed and how astray it has gone, is more powerful than you can possibly imagine.

Actually, well, a mind is a mind, depressed or not. Since most of us go through a depressive episode at some point in our lives, this means that depression is not necessarily a disease, but just another way through which we attempt to deal with life and the reality that surrounds us: a reality that we have all created together.

~

I have dealt with some form of depression in the past. Also, my father has lived for most of his life with a manic-depressive disorder. I have grown up and lived for a long time under the blade of this sword hanging above my head that I am prone to this and that, and that I have to eventually accept my fate.

I got depressed after I broke up with an ex-boyfriend, and it took me about a year to fully recover from it. During this time I kept a diary. I am amazed today to see the negative thoughts that were populating my mind day and night. It was nothing less than an invasion of negative ideas. There was no hope, no future and no point in life.

During these times, two things helped me going. The first was my therapist: a lovely, gentle and spiritual lady who did some counselling with me and gave me a lot of support. Then there was my faith. I was born and

baptized as a Christian, and since I know myself I had my own, direct, personal relationship and special connection with Jesus.

Amidst the darkness of these thoughts, when it felt like everything was on the brink of collapse, the only thing I could repeat in my mind was “Dear Jesus, please don’t let me down”. I was repeating that continuously: in the bus while going to work, during my breaks, in the elevator. I was basically repeating it each time I was alone with myself.

I remember it so vividly: *it was such a burden to keep on going, as I could see no more motivation in life*. My only efforts were to get myself do my daily tasks. I was feeling like I was sinking into emptiness; the only way to separate from the heavy feelings was to write down all the thoughts that were passing through my mind, as a clearing process.

It took me a long time to regain my joy of living and it was all together a painful experience. I wish I had known everything I know today; it would have been so much easier and so much suffering could have been spared.

Despite this overwhelming heaviness, there was *something* that kept me going: I realized that I really needed to understand the mechanism and functioning of the mind and the triggers behind negative thinking.

Actually, it is then that my journey really started, as I began to read, study and experiment various theories and disciplines that could shed some light about mind and about life itself, to mention only a few: Carl Yung, Theosophy, Gurdjieff, Zen, Buddhism, Yoga philosophy, Sanhkyia and later on Ayurveda. This experience actually pushed me to want to discover some of the most incredible and still so simple laws of functioning of the mind and of the Universe we are living in.

I must mention that during this episode never ever have I taken anti-depressants. I did not believe in them. I believed in the capacity of our minds to learn new habits and to be re-trained and to find other ways.

As a matter of fact, I believe that *there is always a way*.

And this book could be one of these ways for you, as it will show you the simplest and the most direct way to access your true sense of Joy in life.

Therefore I come to you not only as a therapist and a yogi, but also as someone who has been there, done that. I come to you as someone who knows what it feels like to see no meaning to life. I write those very words to tell you I know how it feels like to wake up heavy, depressed and feeling like crying with this pain in the chest.

Most of all, I know what that lack of joy, that incapacity to fully enjoy the presence of your family and friends and everything you have accomplished, feels like.

~

This short book will give you more insight about depression, and it will furnish you with ideas that do not come from statistics, but from personal experience and from the knowledge of greater minds.

*Please keep in mind that the scope of this material is not to replace in any way the treatment that was suggested to you by your doctor.*

But hey ... what if you are not depressed in the first place?

What if there was no need for pills and medication for you to access your natural state of joy and fluidity? What if depression was but a sign that something somewhere got stuck in your system and it can be merged into the Consciousness that you are? What if there was a way for you to move through this tendency and not stay stuck in there?

What if the answer is right here with you waiting to be revealed? And what if you had the key? With regards to depression, science has admitted that there is no cure that applies to everybody. Perhaps it means each person has their own key to unlock the message that depression brings forth.

First of all let's be clear about one thing (and this is my personal opinion, so you don't necessarily have to agree with me): I do not like the word *depression*. There is nothing wrong with the word itself. As human beings we need language symbols to communicate. The word itself is just another word. What I don't like is the connotation and emphasis we give to that particular word and to the entire emotional charge attached to it.

Using the word depression could make us resonate with the story that has been built around it: the most spread disease of the century, something you have to deal with for the rest of your life, something for which there is no cure. Just because the causes are unknown, or that the available medication in pharmacies today are unable to "cure" it, doesn't mean you cannot find a way through.

As I mentioned before, I do not mean to take this lightly whatsoever. Severe forms of depression can, and do, have real biological causes. But then again, what is behind these biological and chemical processes in the body? Hold your breath. All will be illustrated in due course.

On the other hand, somehow, I deem that when doctors encourage you to see it as an illness, it only worsens it. Being diagnosed with the label depression – mostly when you do not know much about medical science – can take its toll on you. Many people have very little knowledge of their bodies, brains, minds and selves.

A verdict coming from a doctor diagnosing them with a depression can, consequently, pave them the free path of feeling doomed.

A Zen Master once said: “We are all perfect as we are and we could all use a little bit of improvement.” What if you are perfect as you are and all you need is just a little bit of improvement?

